

JUST SAY



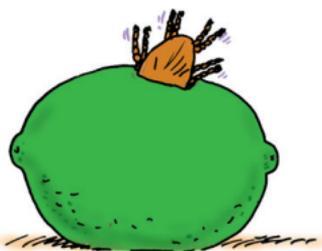
# KNOW

- ★ DRESS PROPERLY
- ★ USE REPELLENTS
- ★ AVOID TICK AREAS
- ★ FIGHT THE BITE!

## Don't get sick from the bite of a tick

Fairfax County is home to at least four species of ticks. The Deer Tick, Lone Star Tick, Dog Tick and the Gulf Coast Tick.

- Each tick species can transmit a disease to humans
- Lyme Disease is the most commonly reported tick-borne disease in this area
- Deer ticks transmit Lyme Disease
- Deer ticks are very small and can be hard to identify.
- This dot • represents the size of a tick nymph
- The Deer tick is also known as the Black Legged tick



## Prevent Tick-Bites

### 1. Dress Properly

- Wear light, long, loose clothing
- Tuck pant legs into socks
- Tuck in your shirt
- Pre-treat clothes with .5% permethrin
- Do not apply permethrin to skin
- Always follow label instructions

**Don't dress like this!**



### 2. Use Tick Repellent

- Apply 30% DEET (or other approved repellent) to exposed skin



# Let Us Identify Your Tick



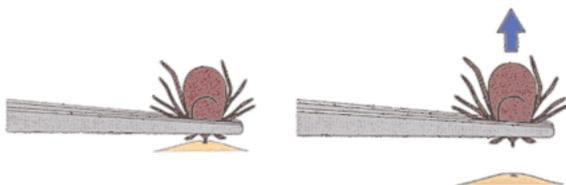
## We can help you!

**After you remove the attached tick, bring it to our office and we will identify the tick for you.**

Fairfax County Health Department  
10777 Main Street, Fairfax Va 22030 • 703-246-8931

This free service may help you and your doctor to better evaluate your next steps.

## Tick Removal



### To remove attached ticks, use the following procedure:

1. Use fine-tipped tweezers or shield your fingers with a tissue, paper towel, or rubber gloves.
2. Grasp the tick as close to the skin surface as possible and pull upward with steady, even pressure.
3. **DO NOT** twist or jerk the tick; this may cause the mouthparts to break off and remain in the skin. (If this happens, remove mouthparts with tweezers. Consult your healthcare provider if infection occurs.)
4. **DO NOT** squeeze, crush, or puncture the body of the tick because its fluids may contain infectious organisms.

## Basic Symptoms of Lyme Disease

- Red rash may appear at the site of the bite.
- May become a bull's eye rash.
- Many people experience fatigue, chills, fever, headache, muscle and joint pains.

Fairfax County Health Department  
Division of Environmental Health  
Disease Carrying Insects Program

703-246-8931 • TTY 711  
[www.fairfaxcounty.gov/fightthebite](http://www.fairfaxcounty.gov/fightthebite)  
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